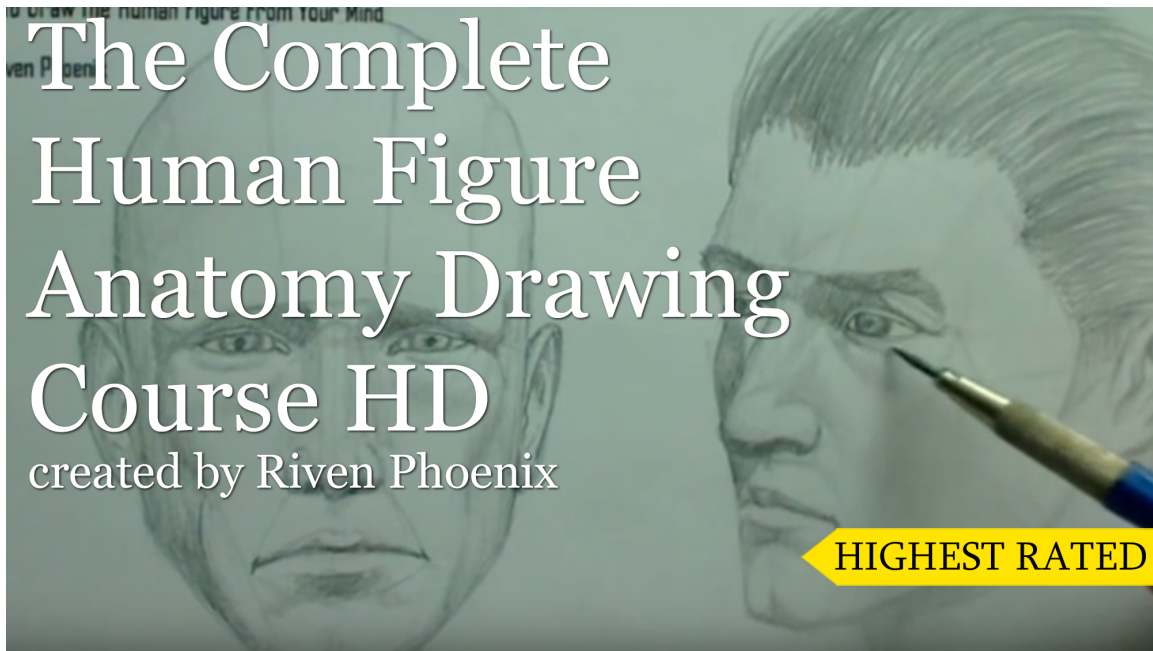


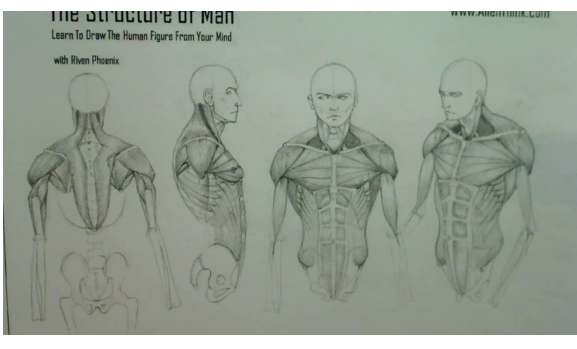
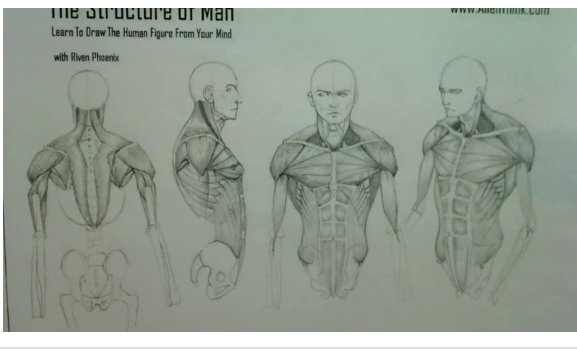
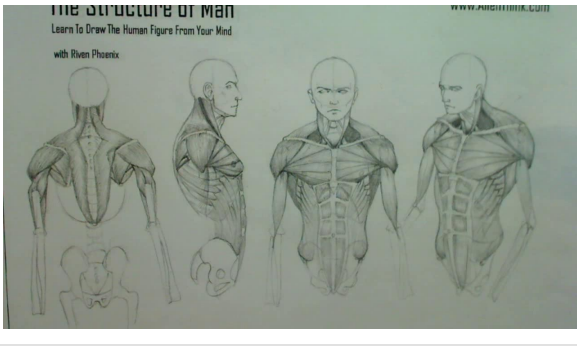
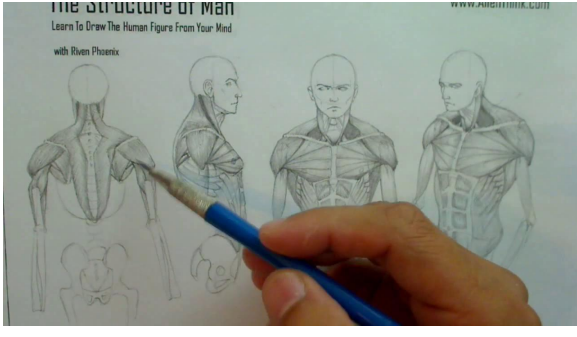


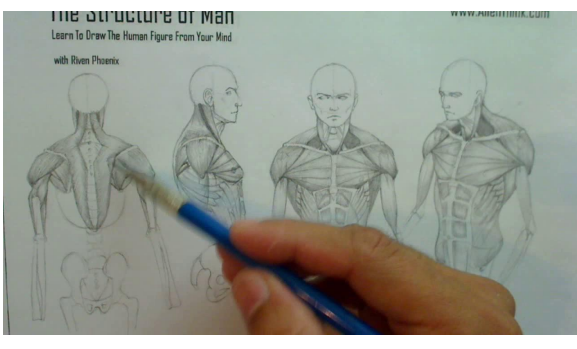
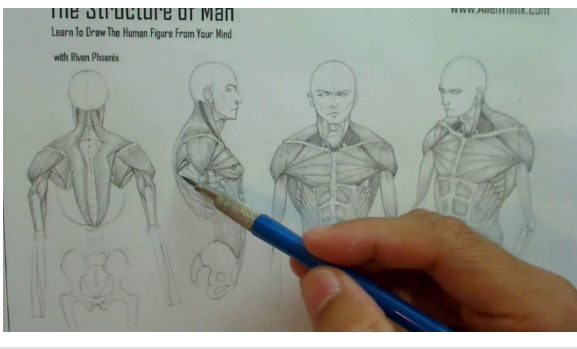
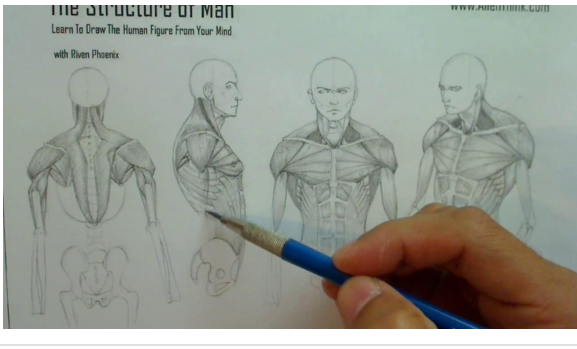
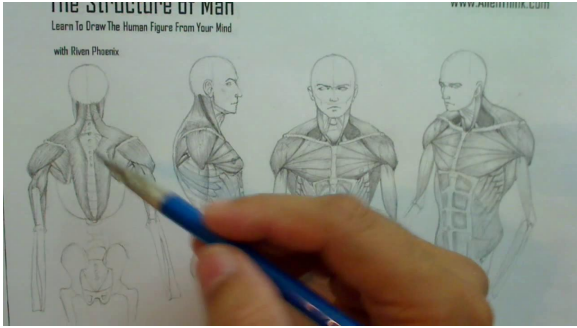
The Structure of Man

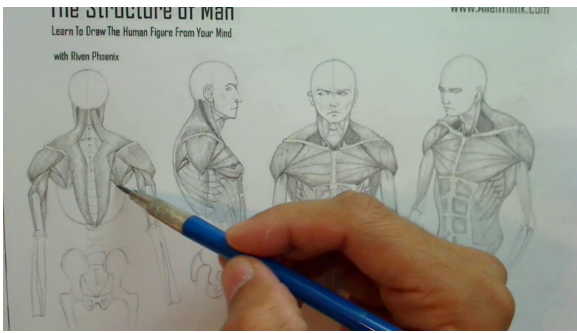
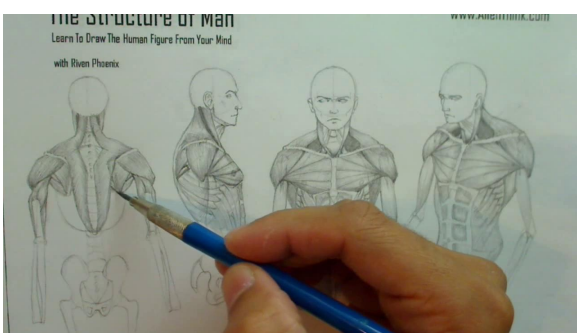
Learn to Draw the Human Figure From Your Mind with
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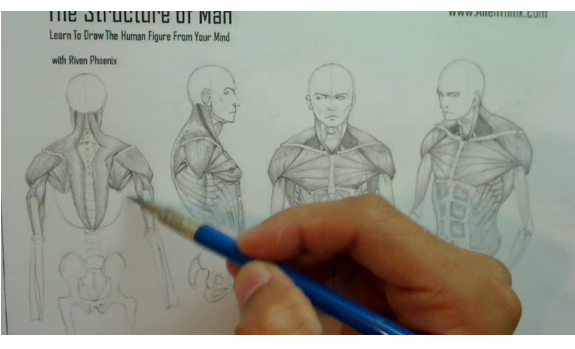
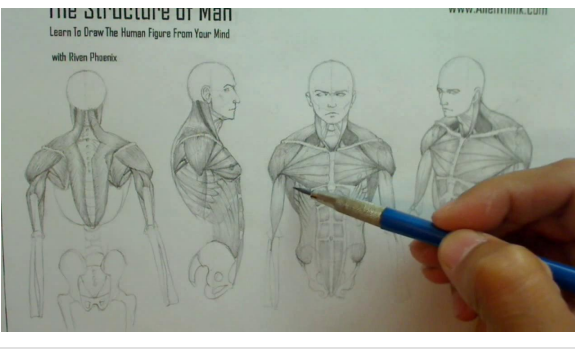
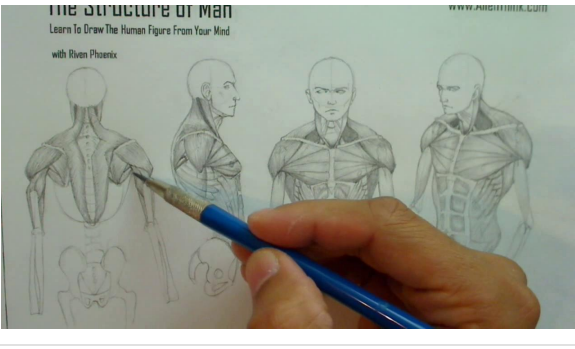
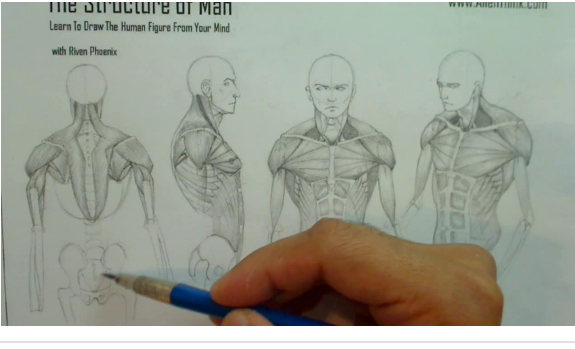
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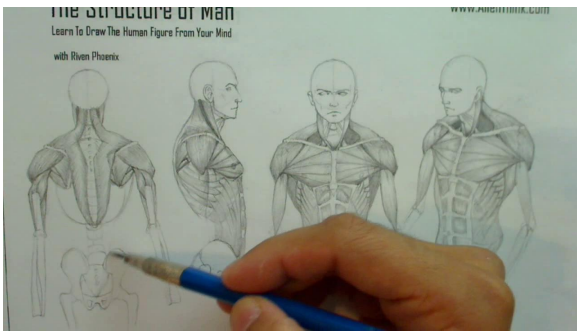
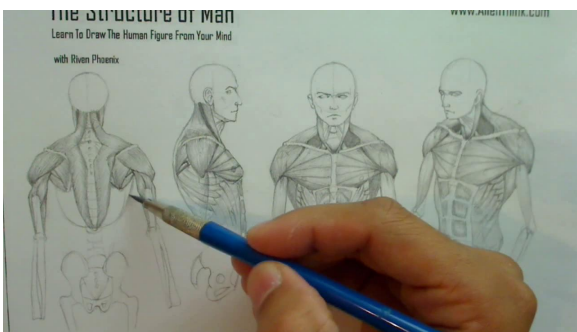
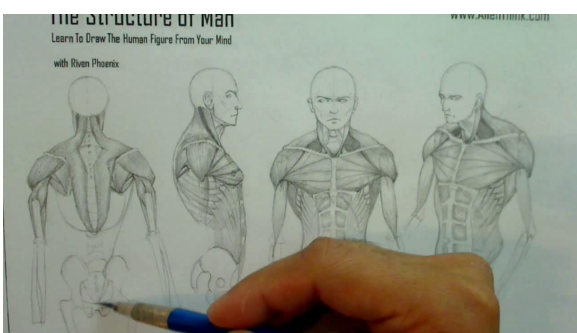
Figure Drawing Lesson 131 - The Muscles of The Torso -
Part 12

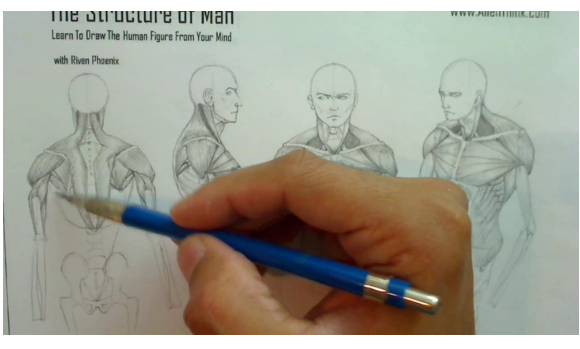
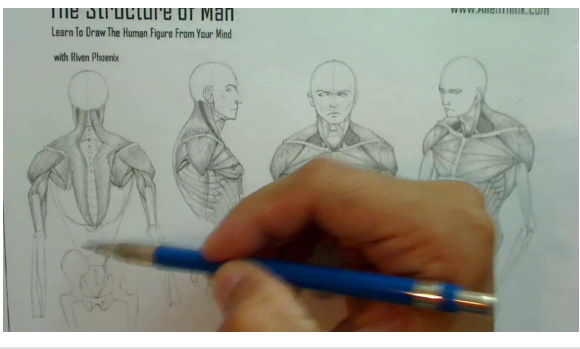
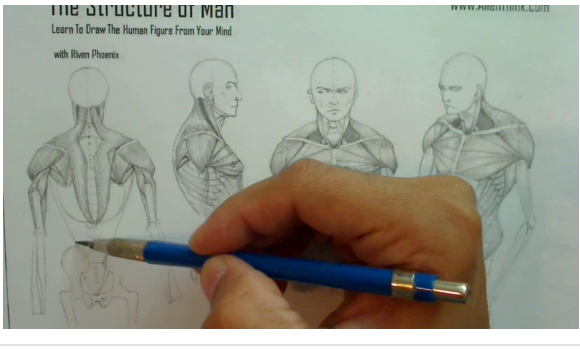
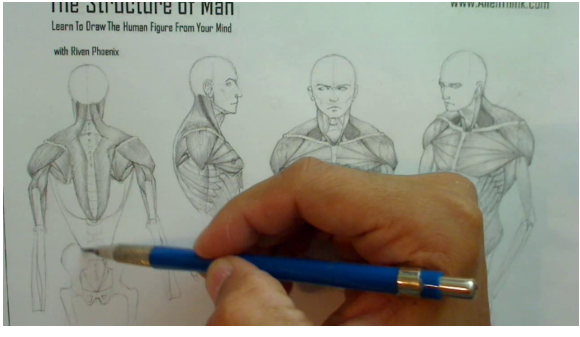
1		Hey guys, my name is Riven Phoenix and welcome to the structure of men learn to draw the
2		human figure from your mind training course.
3		Okay, so now we've come to the, basically we're going to be now finishing off the back area,
4		right?

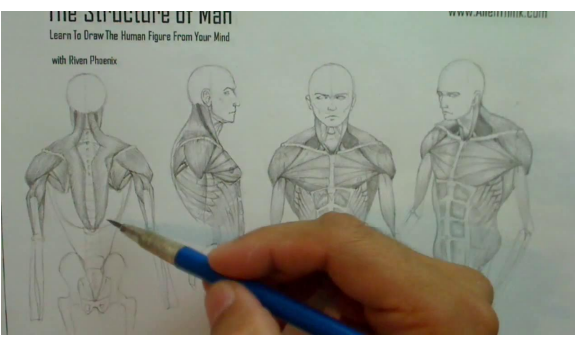
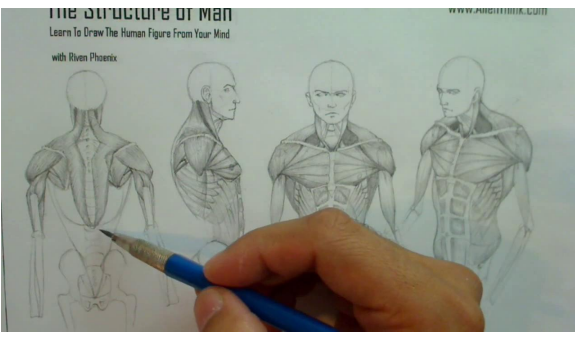
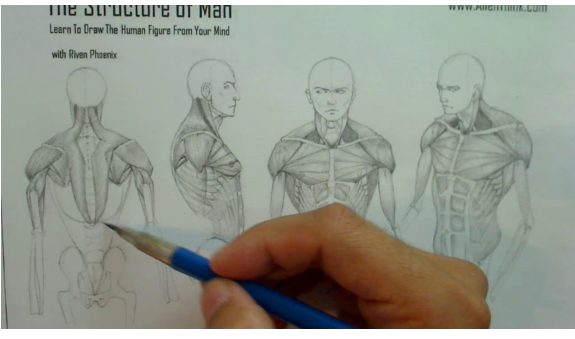
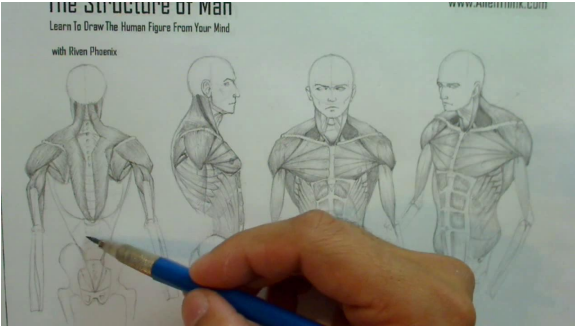
5		So you can see there's really not that many muscles to understand.
6		And here we're going to now officially finish off this understanding of the door side
7		muscle as to what exactly it's doing here in the back.
8		So to understand this, what happens with this muscle is that where you have this area

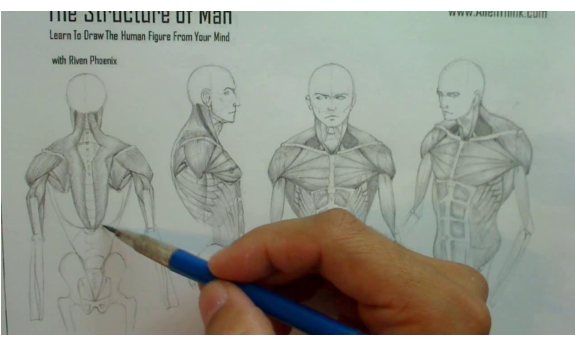
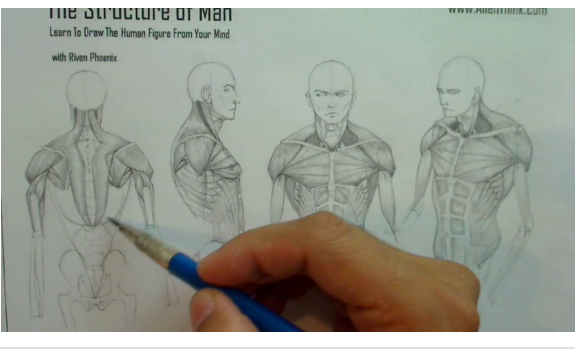
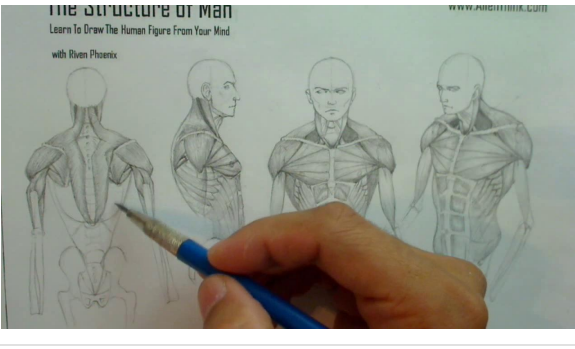
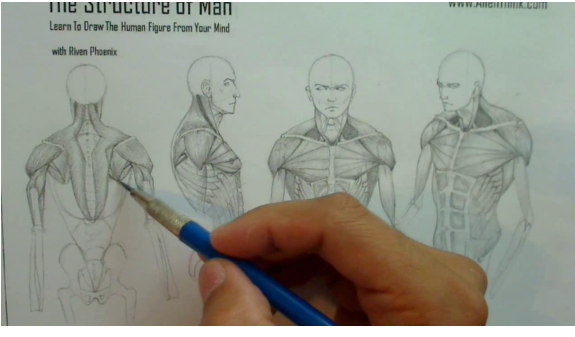
9		here, you're going to just basically connect this area like this, right?
10		So it's going to come down from here like this where you did this line, right?
11		So you're going to just come back and do this line and it's going to wrap around and
12		it's going to connect back to the human's bone.

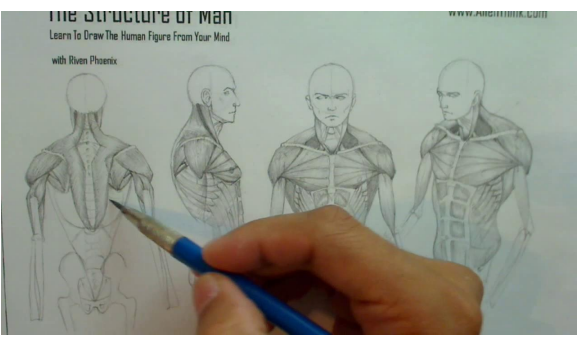
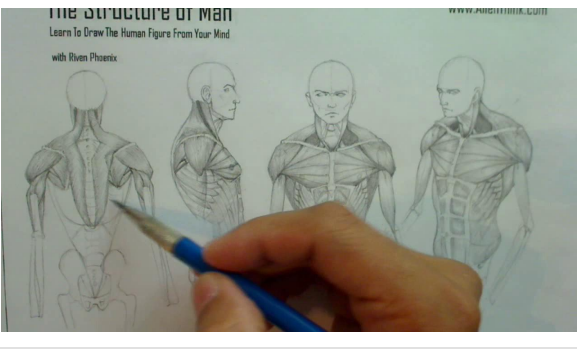
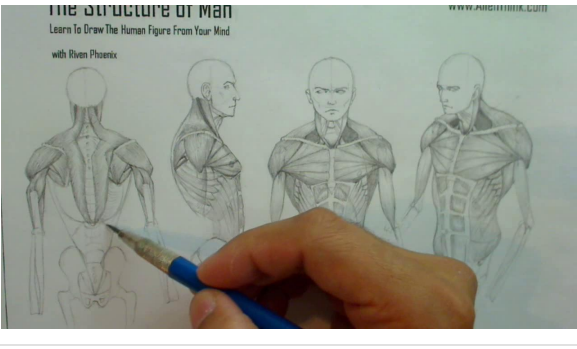
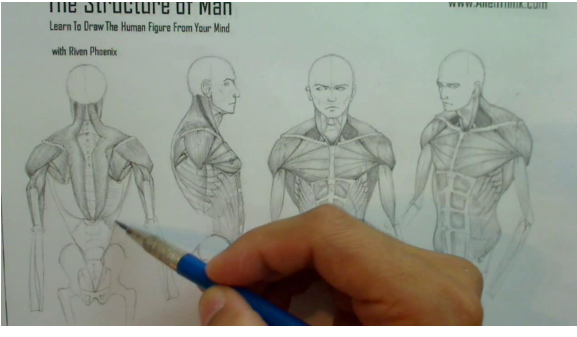
13		So what happens is that it's going to create this line over here, right?
14		This is the muscle we're talking about.
15		So from here, it's going to create this line and then it's going to go back down and
16		it's going to connect all the way down here, right?

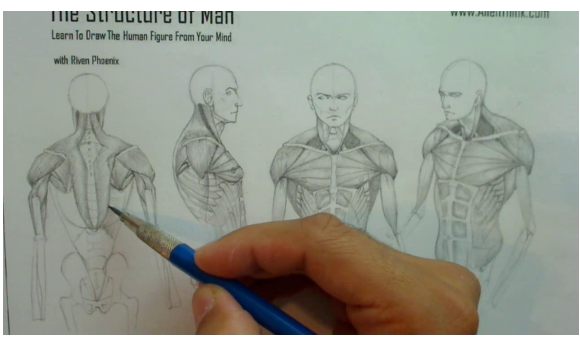
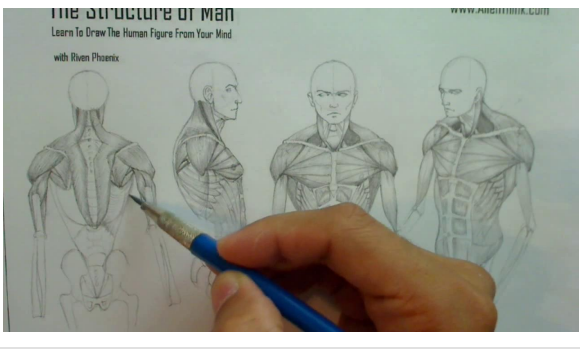
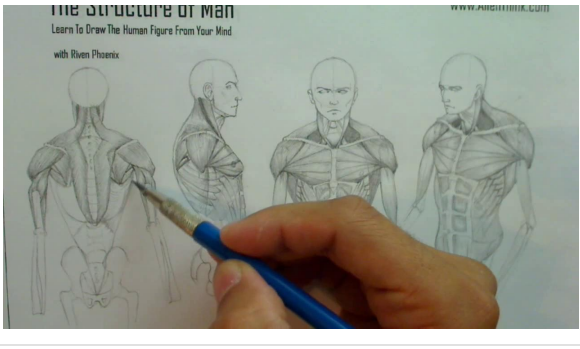
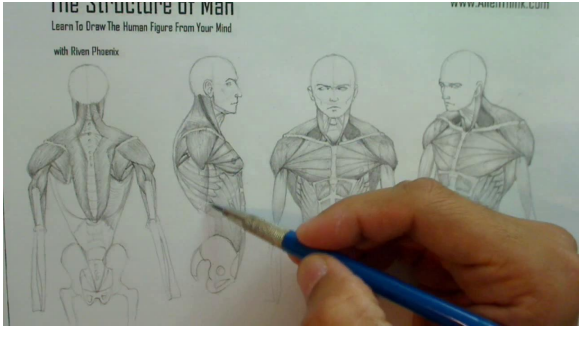
17		So what it does is it touches the pelvis area, right?
18		So now when I draw it, I'm going to touch the pelvis area, touch all this stuff and it's
19		just going to go down in this way.
20		It's going to do the same thing on this end.

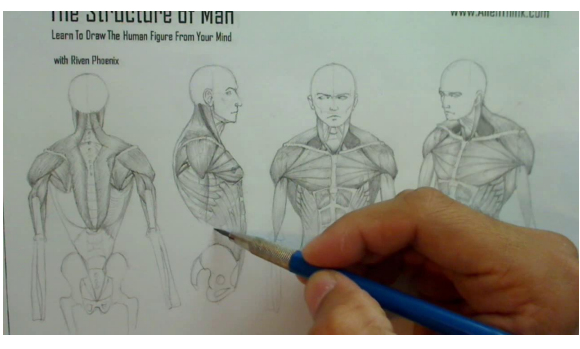
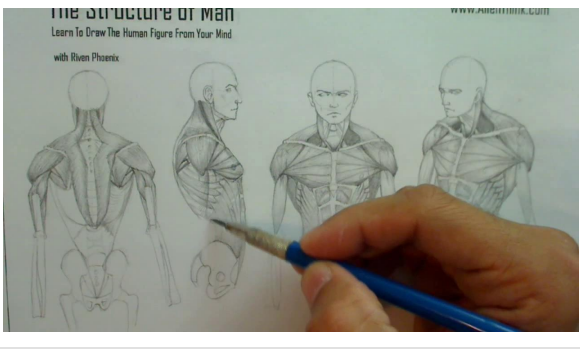
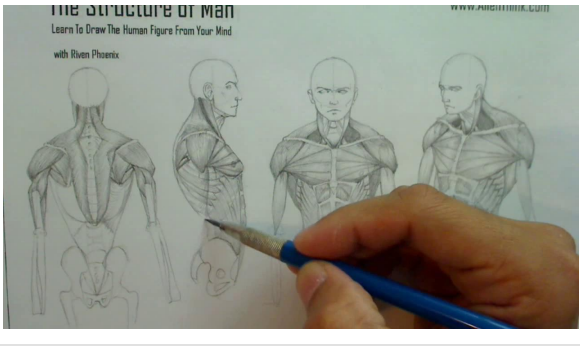
21		It's just going to come down like this over here, like it's going to stop right here.
22		Look where it's stopping.
23		It just stops over here.
24		It goes here over the pelvis area and then it goes down, right?

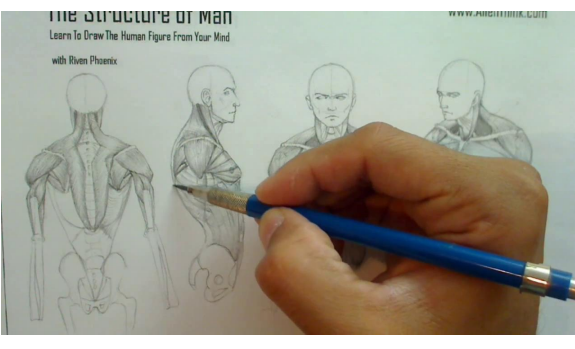
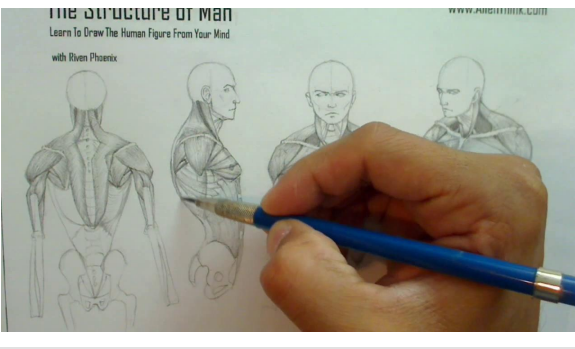
25		So this muscle is just going in this direction.
26		So what happens is that this muscle stops becoming a muscle about right around here, right?
27		And you have, you get like this diamond shape in the back.
28		So all of this area here, again, is just going to be a whitish area.

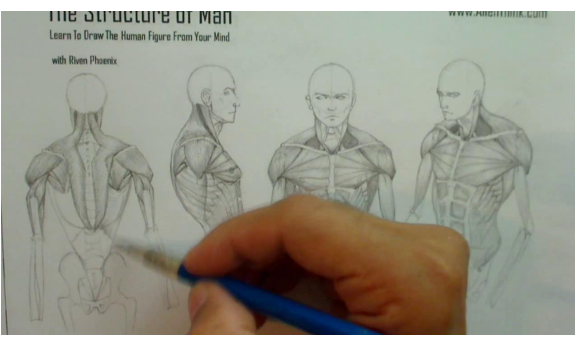
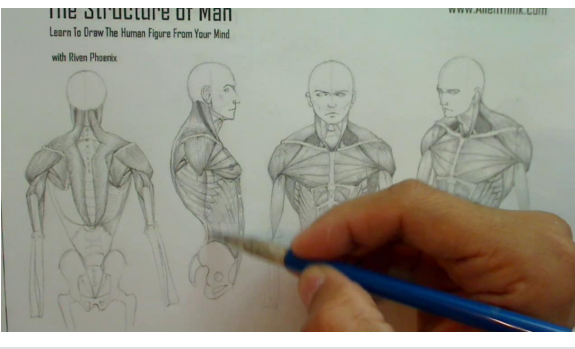
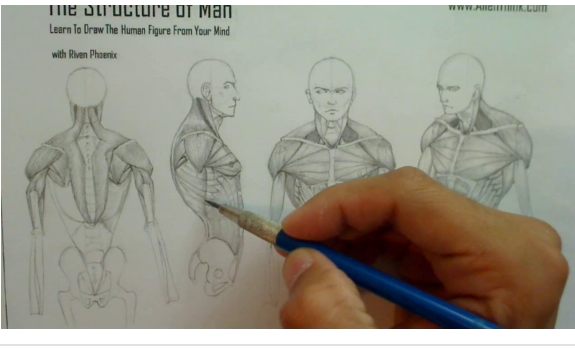
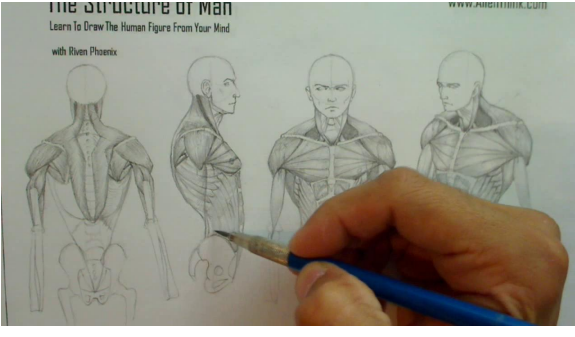
29		So you'll get an area like this.
30		So what happens is this is where you'll see in, in Michelangelo stuff is that this is
31		a thin muscle and this is why you can see the ribs on the back, on skinny people, right?
32		So what we're going to do to render this is we're just going to go in this direction,

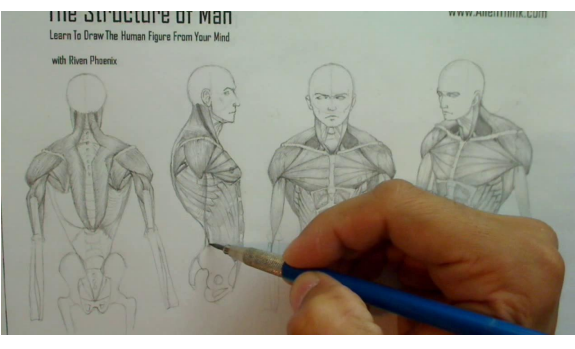
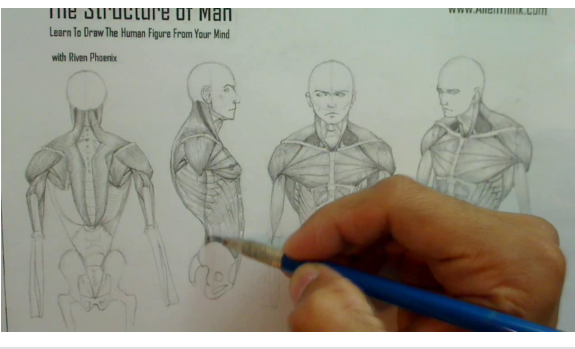
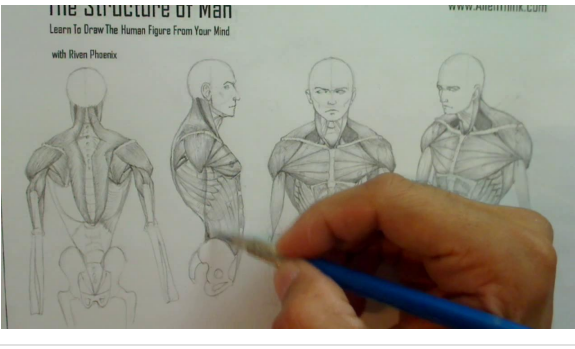
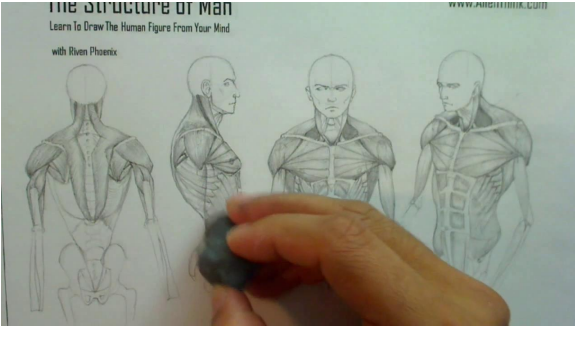
33		right?
34		We're just going to create these muscle fibers going in this direction in this way, right?
35		So it stops being a muscle over here, right?
36		So it's just going to be blending in like this, right?

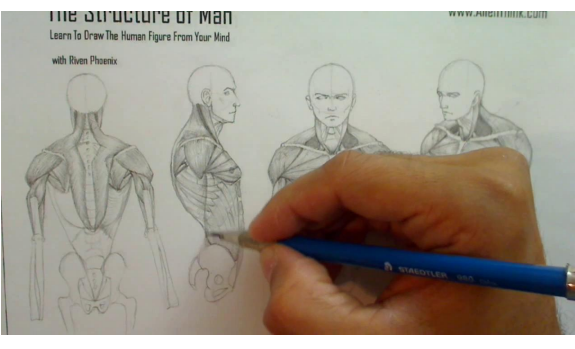
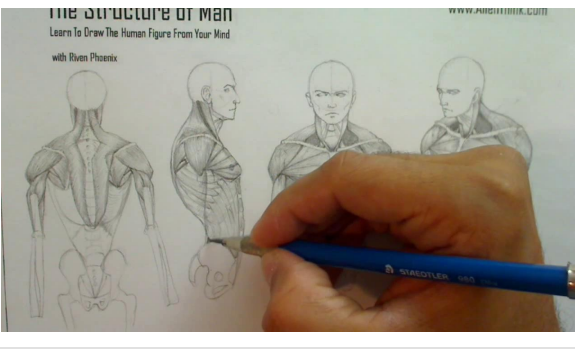
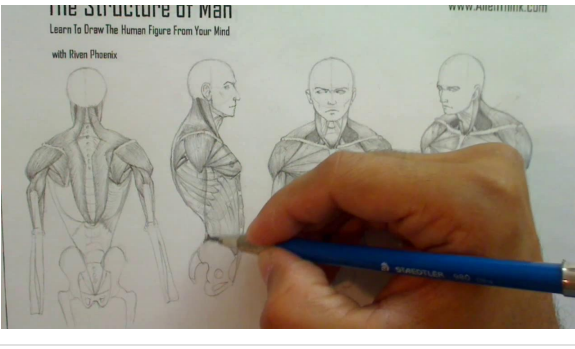
37		So you're going to get this line over here and it's going to go all the way around
38		like this, right?
39		So where this line is, it's basically coming down over here.
40		So now this tells you, okay, well, it's really just, this is where my spine is and it's

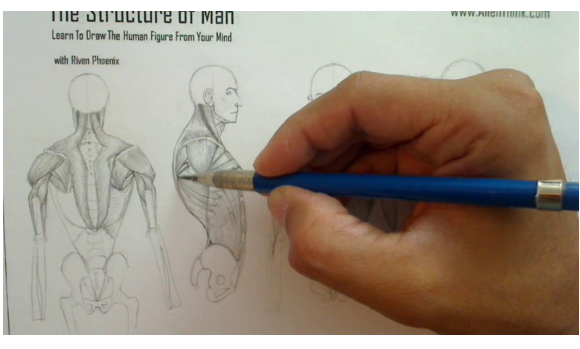
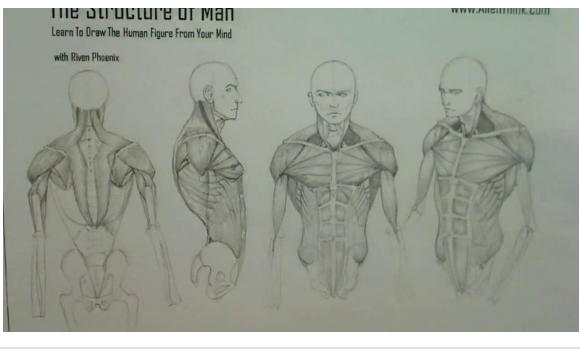
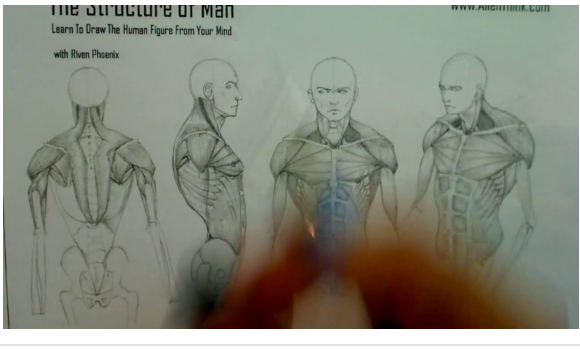
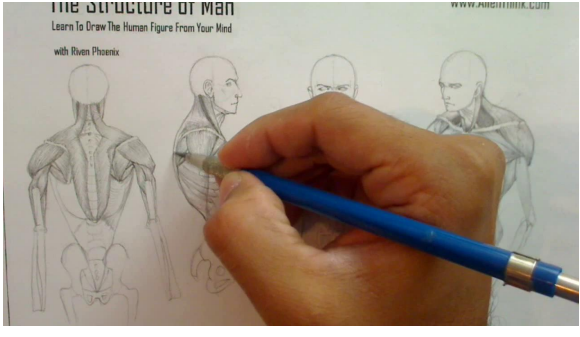
41		getting close to the spine.
42		So really this guy is connecting over here and it's going to be like this.
43		I'm going to get like a thickness over here on the spine, right?
44		So this tells you that this muscle here that we added, right?

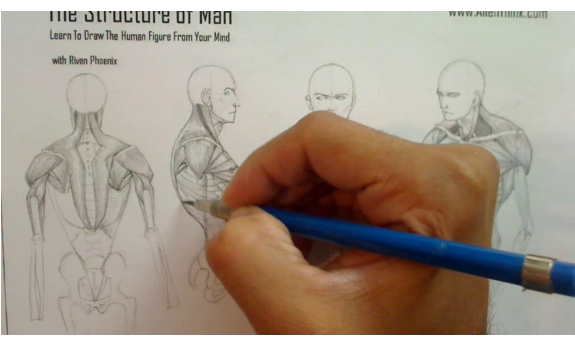
45		It's going to be out just a little bit, right?
46		It's going to be like this, like a hairline.
47		It really depends on how big you want to make the trapezius and you know that it ends
48		over here, then you get the dorsal.

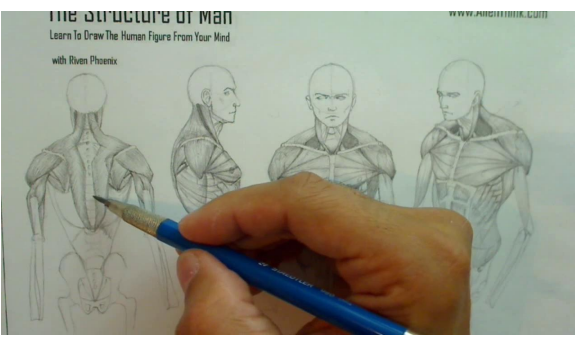
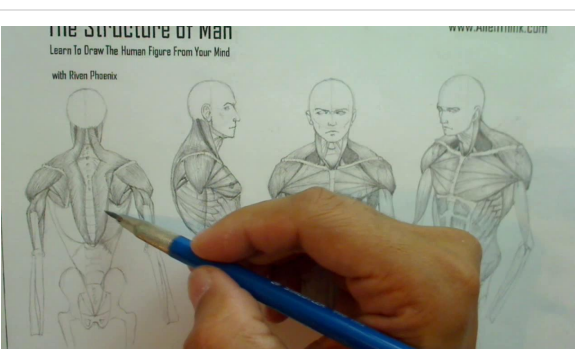
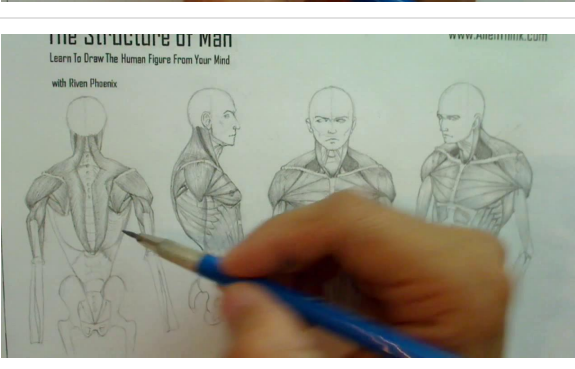
49		So what happens is if this is ending over here, right, you're seeing that this is going
50		like this, okay?
51		So it's really just going all the way in the back over there and touching this.
52		So this means that the oblique muscles are just going to be like this because they're

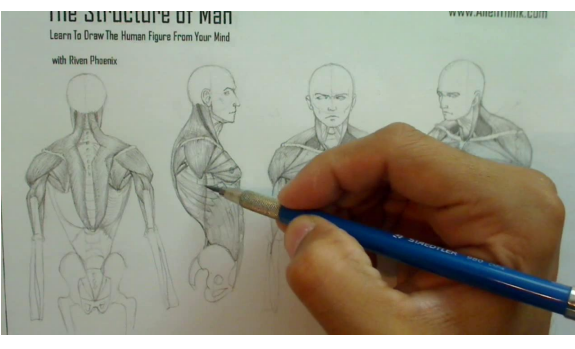
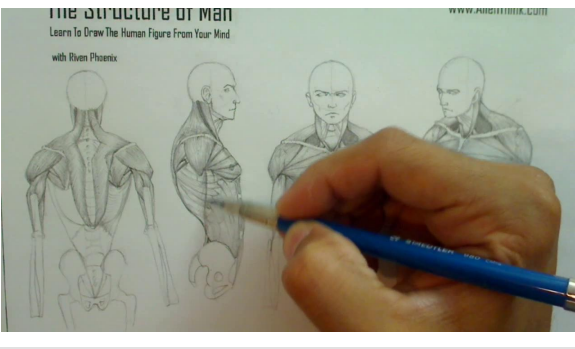
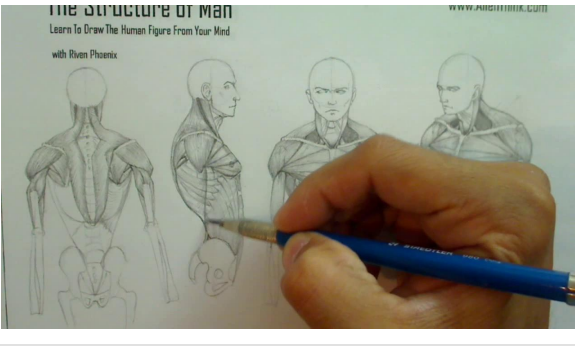
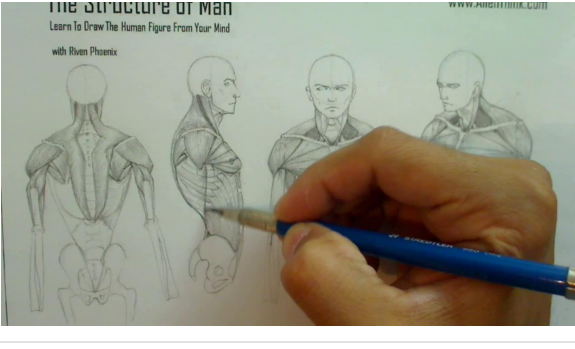
53		going to go and you're going to get this wedge here, okay?
54		You're going to get this, like this triangular wedge over here and now we've finished the
55		understanding of the, the love handles us to what happens over here, right?
56		So this wedge that we're putting down, it's really not going to be that big, it's just

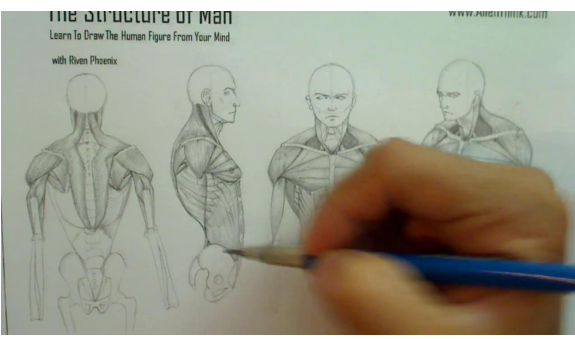
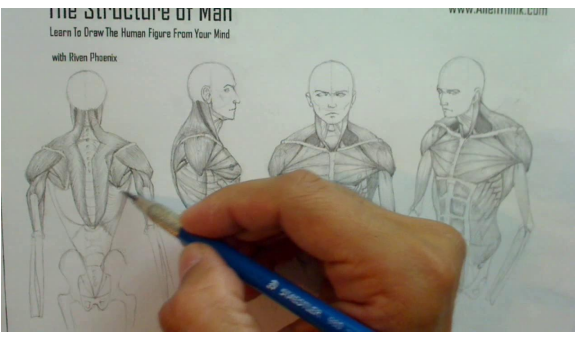
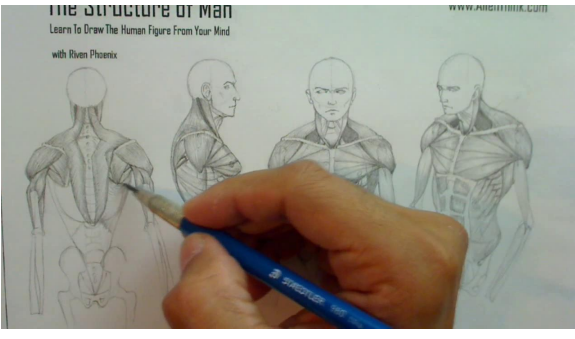
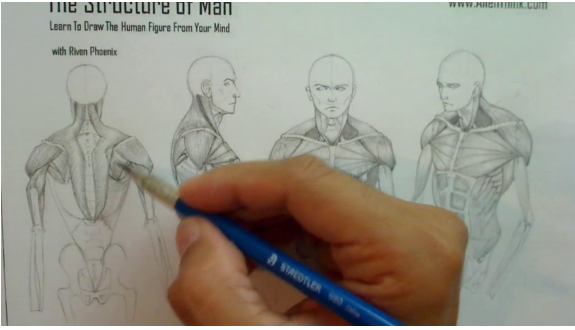
57		going to go this way and you're going to get a wedge and it's just going to be like
58		this, right?
59		You'll see like a little bit of it.
60		Now again, really just depends on the type of muscles you're doing.

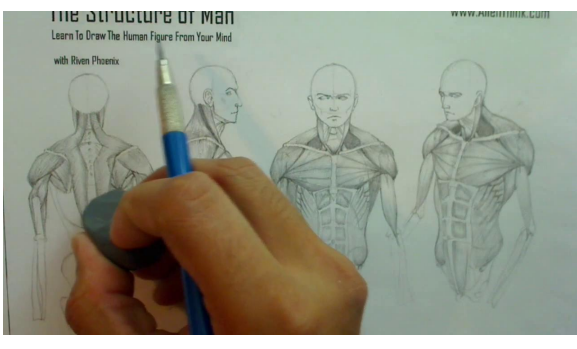
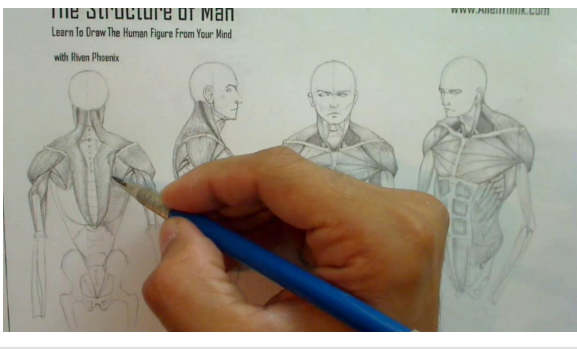
61		So you're going to over here, like get this line and then we'll get the back of this,
62		right?
63		So just to clean this up and make it look nice and neat, we're just going to draw it out
64		like this and show that this is here, right?

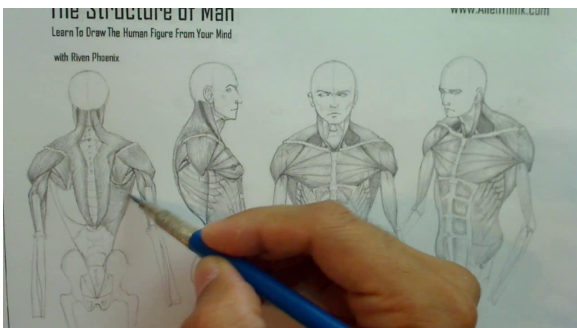
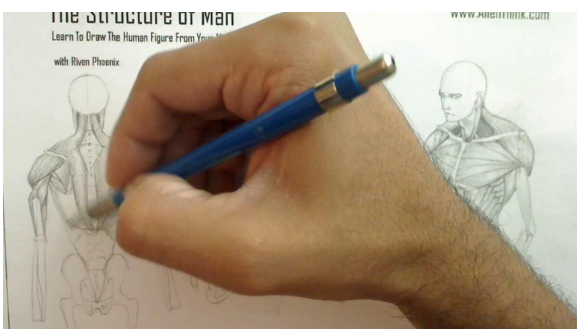
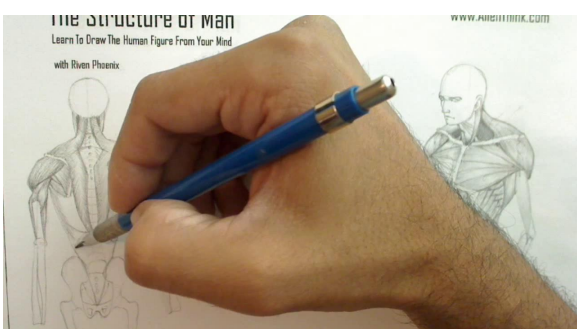
65		So it doesn't always show like this.
66		I'm just creating it, we're doing it this way so we have an understanding of it, right?
67		And this is just going to go all the way back up, right?
68		Because the thing is that this is on a wedge here, right?

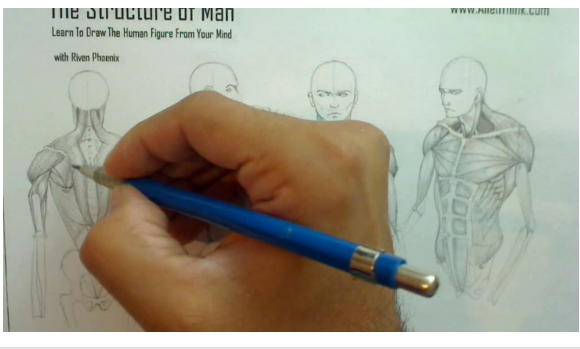
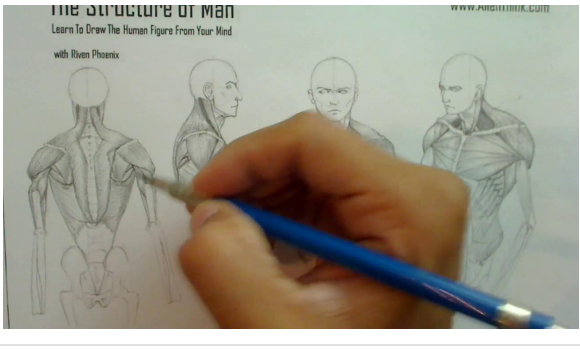
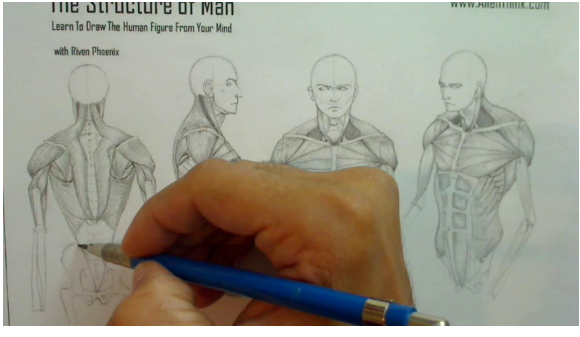
69		This is going inside and it's going to come out, but we had talked about in the construction
70		of the chest cavity that it's going to be coming out like a claw and then it's going
71		to go down this way, right?
72		So because of this, what'll usually happen is that you'll see more of the door side

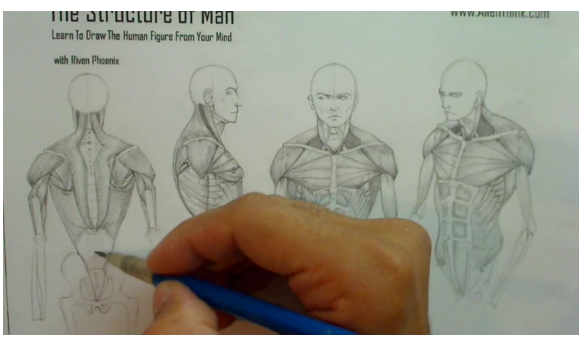
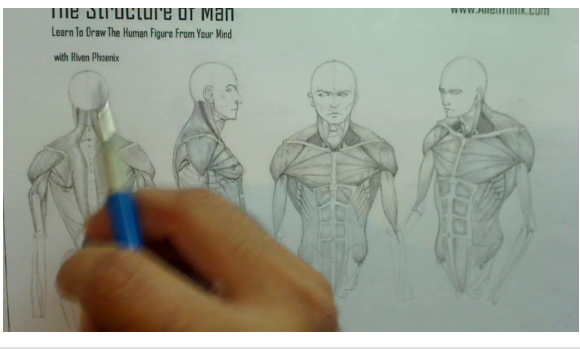
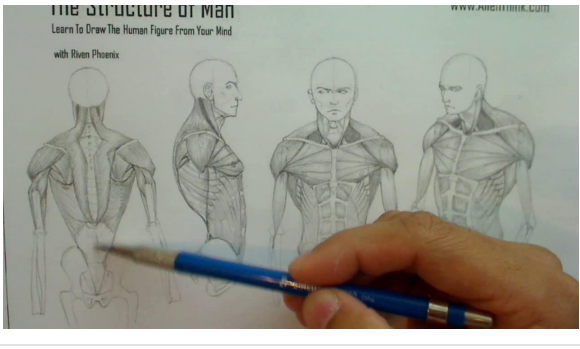
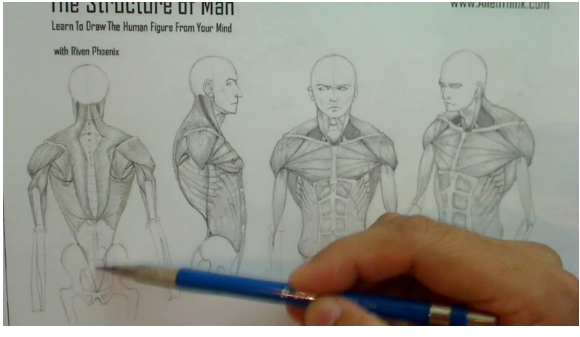
73		muscle over here.
74		Right?
75		So now we have a better understanding.
76		Okay, this just goes in the back and I'm going to get the oblique muscles here and I'll

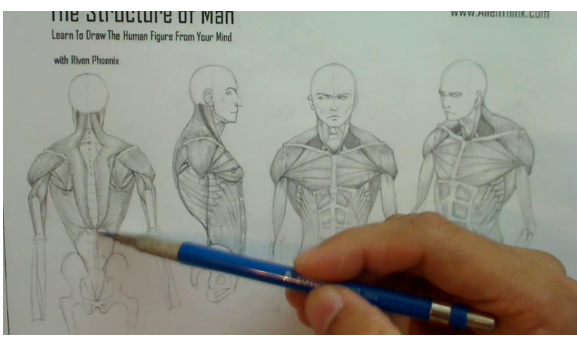
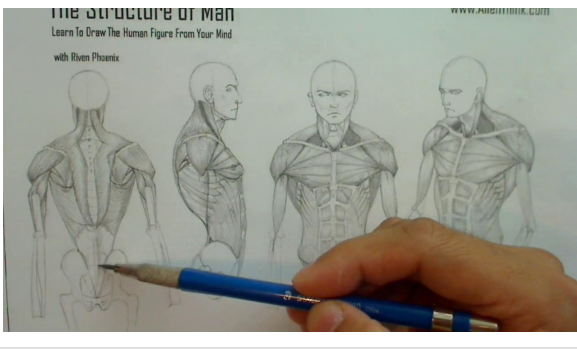
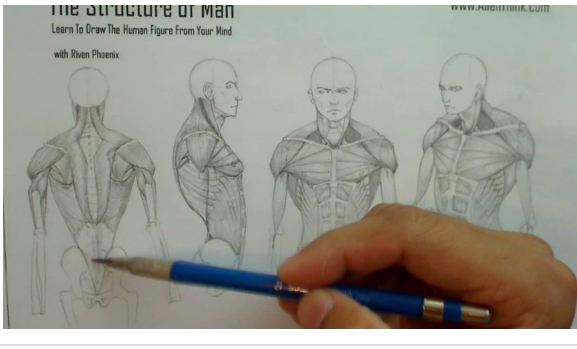
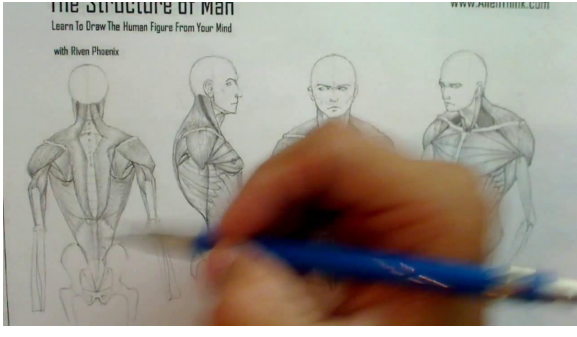
77		be done with this section, right?
78		So over here, I'm just going to get all this stuff over here just like this, right?
79		So when this thing goes, it really overlaps a little bit.
80		So this means like this idea that we did here, right?

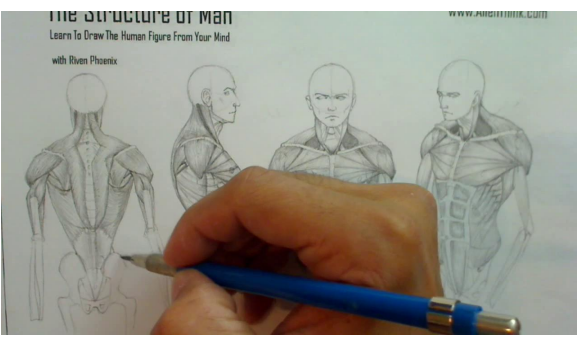
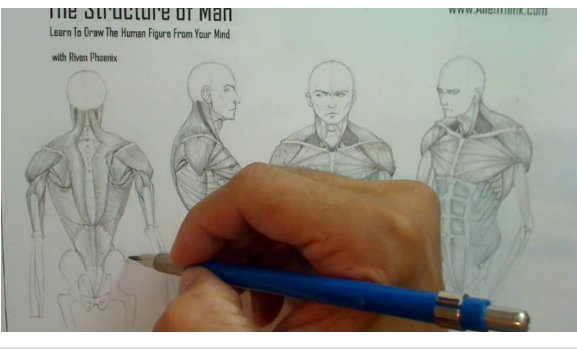
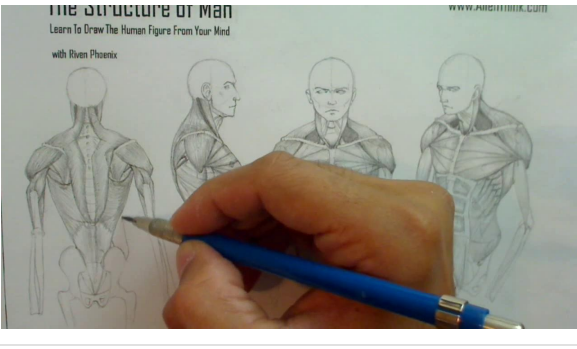
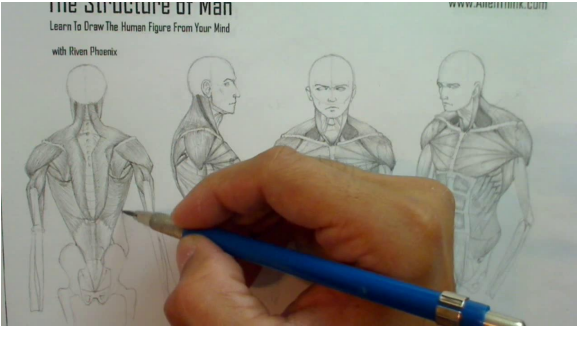
81		It's going to show up just a little bit over here like this, right?
82		So here I got my line, here I got this and this guy is just going to go up on it and
83		here I'm just going to get a little bit of this suggestion that it's going over the
84		scapula, right?

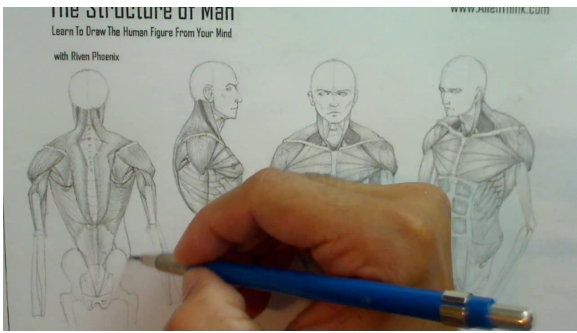
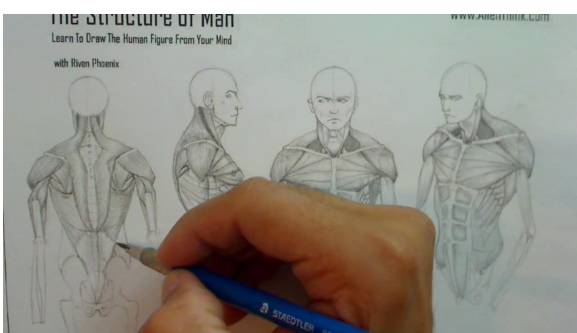
85		So here I'm just going to finish it off like this over here.
86		Okay, so over here we're going to do the same thing, we're just going to come around
87		over here and we know that it stops being a muscle over here and just begin, creates
88		like this triangular shape and just going to go like this over here, I'm just going to

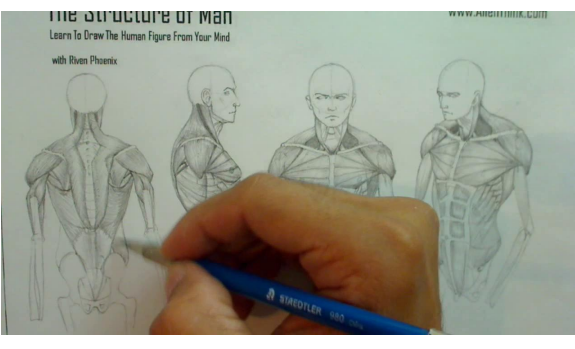
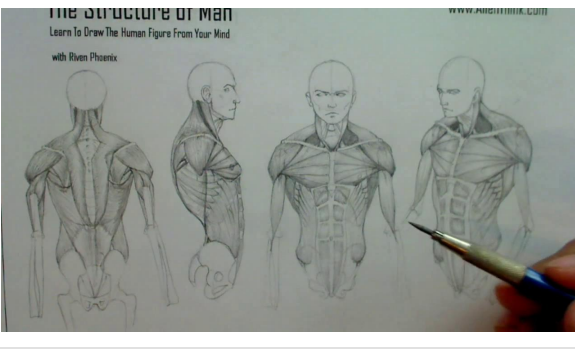
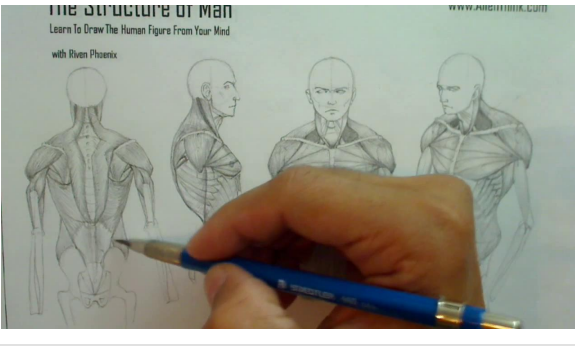
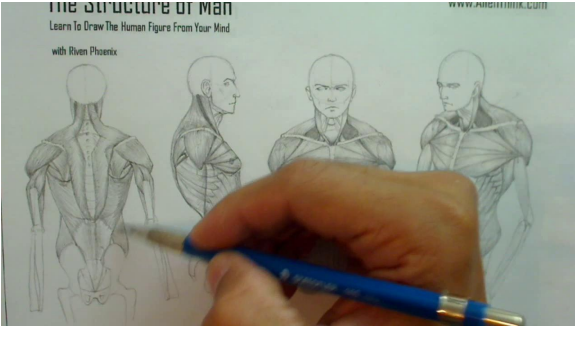
89		go like this over here, right and then over here and it's going to go under, right?
90		So this guy is on top over here, this is going to go over here, this is on top, it's
91		going to go under, right?
92		And then it's just going to attach over here and it's going to go all the way down.

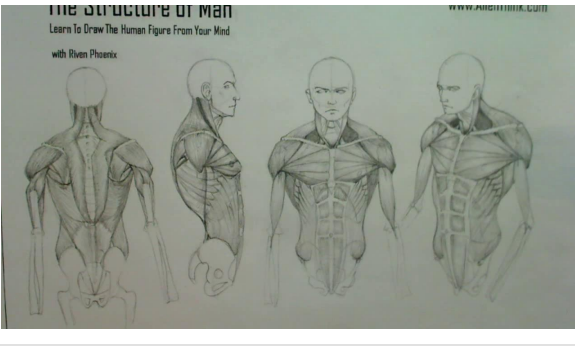
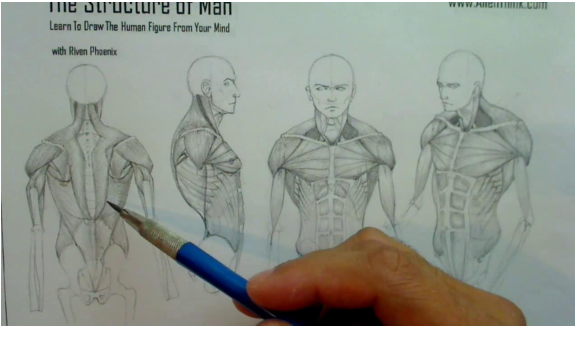
93		So basically over here, we're going to get your wedge in here.
94		So we can now erase some of this stuff and just show that we understand that this is a wedge
95		over here.
96		So we're just going to put two lines here showing that we understand that this is really

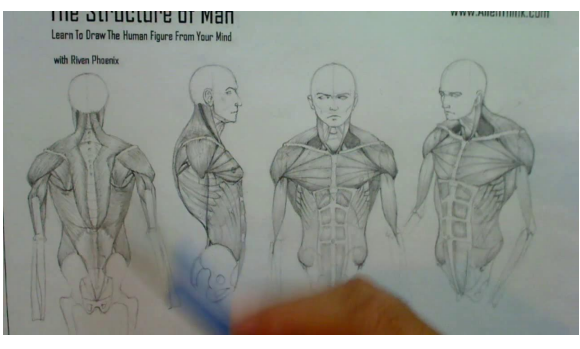
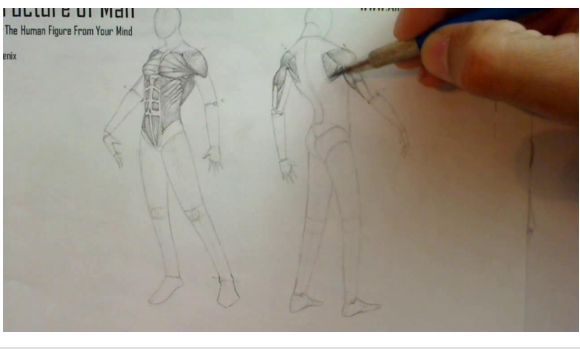
97		a wedge and we can just shade it in, shade it in just a little bit over here.
98		Right, because this is only going to be a wedge until here, right, it's going to hit the
99		sacrum over here, but this is really just kept all white like this, right?
100		So what happens to the obliques is now you can see that they're really just coming here,

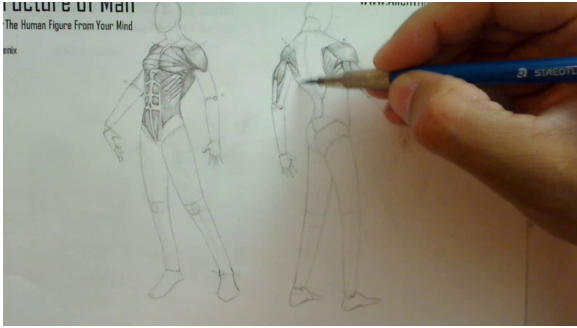
101		they're attaching.
102		So now this gives you the idea of the love handles, but okay, I see what the world is going
103		on.
104		It just goes up here, right?

105		You're going to get this night's shape here for the love handles and it's just going
106		to go like this over here, right?
107		So right, the more bigger it is, the more less you'll see of the love handles, but that's
108		basically all that's going to happen with that.

109		Okay, so this one, we've added it like this, so now we'll get later into the
110		area of the pelvis because now you're going to get more muscles and basically all of this
111		conception will start to make sense, right?
112		So this line, see this idea that we're showing here of the love handles, just know that,

113		I mean, if you did this a little more bigger, right, that you, a less of it will show, right?
114		It really depends on how big this is going to be over here.
115		Okay, so now to finish this off, right, so now we conceptually understood what's going
116		on in the back and the front, right?

117		We understand the concept of going here for the back, this is going to be very easy, right?
118		We already know that we're going to get just a few muscles over here, so I'm going to
119		get like a line over here, right?
120		And then I'm going to get the trapezius muscles here, they're going to come down this way,

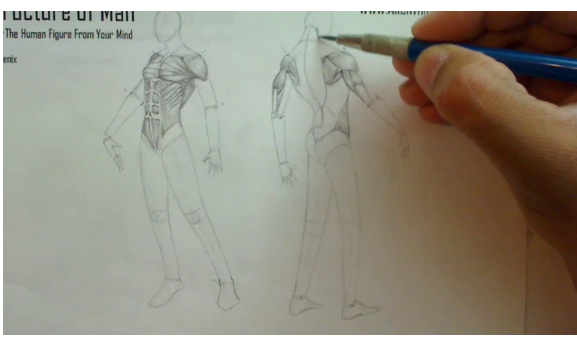
121		right?
122		They're going to have to go over a little bit this guy here and they're just going to
123		come down over here and where this guy is, they're just going to end up stopping over
124		there, right?

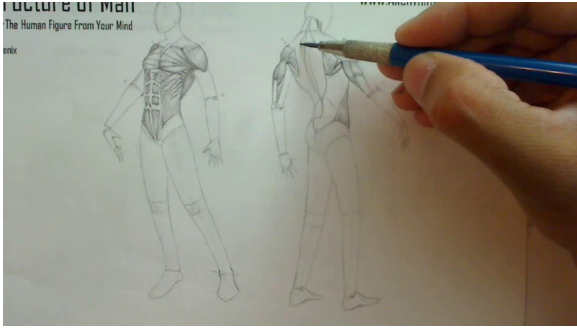
125		So over here, from over here, we're going to get this idea here, right?
126		So you're going to get this little triangle that we talked about, let me show you that
127		to you before shading you then, that this is just going to go like this and you're going
128		to get this small triangle, right?

129		And we already know that the door-side muscle is just going to come down over here, like
130		this and it's going to connect over here, right?
131		So conceptually that's what's going to happen and you're going to get like this triangle
132		over here and this is going to be your love handles, right?

133		So and this will be your obliques, right?
134		So here we're just going to finish this off saying that we now understand conceptually
135		what's going on with this stuff, right?
136		So this will be your muscles for the side over here and this is going like this.

137		So now we know that right, technically this is a wedge inside like this, right?
138		For the area for the butthars and this is where you're going to get the deep wedge in
139		here, right?
140		So over here we now know, okay, well, we just need to connect this here and I know that

141		over here I'm going to get the muscles for the neck down in this way, right?
142		And then over here we also know that look where the top of the chest cavity is.
143		So we know that right, it's going to go like this, right?
144		It's going to go like this and it's going to come back and it's really where this area

145		is.
146		It's going to come back and then it's going to want to come like this, right?
147		So now you have to do this one in kind of like perspective a little bit, it's going
148		to come down like this and just understand that it's already over there, right?

149		You don't have to like draw it out because now this is going to be more in perspective
150		and this is just going to go like this, right?
151		So here that's all there was to understand about the back, right?
152		That's amazingly simple as to how we've been able to understand the muscles of the back

153		and imprinted them in the mind, right?
154		And here I'm just going to finish this off by putting all these lines over here, right?
155		Again, this is a stylized joint, you got to keep that in mind so we can understand, right?
156		So when I do this area here, I'm just going to erase a little bit over here and just

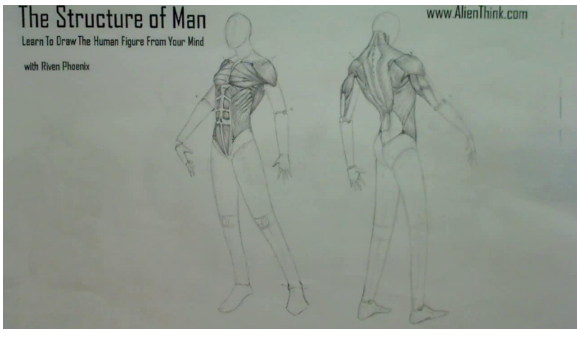
157		show that right.
158		I understand that this is really a thing that's going over here.
159		So I'm going to get like those lines over here.
160		And then we're going to get that notch right over here, it's going to be the same thing,

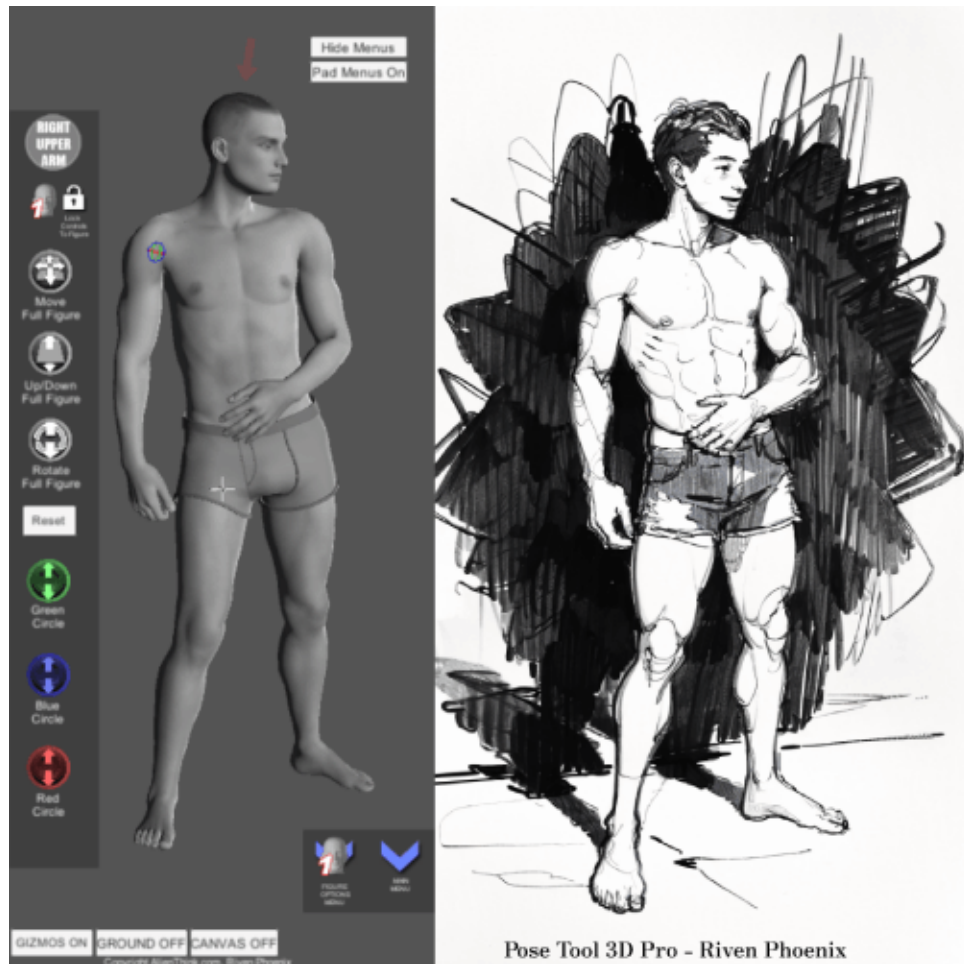
161		I'm just going to go like this, then you're going to get these muscles over here.
162		Let's move over here.
163		So once I get this, I'm just going to finish the door side muscle over here.
164		Okay, and then over here.

165		We know that over here, it's just going to, right, so we'll just add this as a line over here.
166		We know that this just stops being a muscle over here.
167		It's just going to go around this way.
168		So remember, this door side muscle is connecting back to the humerus bone, is going back up, right?

169		So over here, we can even show a little bit idea here.
170		We understand it goes under the, we're going to see a little bit of the scapula.
171		Okay, so over here, it's the same thing, just going to finish this off like this over here.
172		And just do this line over here.

173		Right, so I'll just show a little bit of this.
174		Right, so remember that there's a triangle over here, right?
175		We understand, and over here, you can just show a wage in here.
176		Right, so later when we get into this muscle area, all of this will start to make sense.

177		Right, but you can see how we now imprinted the understanding of the muscles over here.
178		Okay, so I'll see you in the next lesson.
179		Thanks.



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